

Areas of PE

Dance

Gymnastics

Outdoor and Adventurous Activities (OAA)

Athletics: Track and Field

GAMES

Net & Wall: Net/Wall Games are activities in which players send an object towards a court or target area that an opponent is defending. The aim is to cause the object to land in the target area while making it difficult for the opponent to return the object. By playing these games, participants will learn the key skills and tactics in games such as Sitting Volleyball, Tennis, Badminton, Squash, Racquet Ball, Volleyball, Sepak Takraw and Wheelchair Tennis

Invasion: An invasion game is the term used for any game where the aim is to attack an opponent's territory and score a goal or point. Usually consisting of teams of equal players these fast paced games focus on teamwork, keeping possession, scoring and defending.

Striking and Fielding: Striking/Fielding Games are activities in which players score points by striking an object and running to designated playing areas or prevent opponents from scoring by retrieving the object and returning it to stop the play. By playing these games, participants will learn the key skills and tactics for games such as Rounders, Baseball, Cricket and Softball .

Swimming



Terms	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Climb steps/stairs with alternative feet, using a hand or handrail for support Jump two feet to two feet on the spot. Jump down from a higher to lower height. Travel by galloping on a with a leading foot Run at speed in the outdoor space Kick, roll, chase and collect a ball Copy some aspects of whole body action rhymes Know they need to use the toilet and wash hands	Intro to PE: Movement Games: Beanbags Statements: Stack, align and balance blocks of different shapes and sizes. Move safely in a large space, negotiating obstacles. Change direction and stop quickly on instruction. Cut along straight lines.	OAA (VS) Games 1: Ball Skills	OAA (VS) Games 1: Throwing & Catching	Hockey Quicksticks Unit Yr3 Games 1: Ball skills, invasion focus	Hockey Quick Sticks Unit Yr4 (LA Comp) Swimming	Indoor Athletics Netball (JSCHS Comp)	Indoor Athletics Netball (JSCHS Comp)
Autumn 2	Run and freeze on demand. Climb apparatus with alternative, using own hands for support Copy most aspects of whole body action rhymes and challenges.	Games : Ball (VS) Dance: Unit 1 # Statements Jump in different ways – changing level and direction. Balancing, carrying and passing beanbags using different parts of the body. Travel in different ways with control and coordination.	Dance Unit 1/2(VS) Games 2 - Throwing, catching & aiming	Dance Unit 1/2 (VS) Games 2 - Aiming, hitting, kicking	Dance Unit 1/2(VS) Games 2 - Creative Games Making	Dance Unit 1/2 (VS) Swimming	Dance - Unit 1/2 (VS) Games 1 - Net, court, wall games	Dance - Unit 1/2 (VS) Games 1 - Hockey & Soccer
Spring 1	Hop on the spot to travel Bowl, roll, chase and collect tyres and barrels. Copy all aspects of whole body action rhymes sand challenges.	Games: Ropes, bats, balls (VS) Dance: Unit 2 Statements: Develop throwing and catching skills. Throwing underarm and catching with two hands. Developing aiming skills by throwing to a target. # Recognise body changes during exercise. Travel across simple obstacle courses. Develop core strength through 'Squiggle while you Wiggle' activities.	Gymnastics Units D&E (VS) Games 3 - bat/ball & skipping Multiskills (JSCHS Comp)	Gymnastics Units H&I (VS) Games 3 - dribbling, kicking, hitting Multiskills (JSCHS Comp)	Gymnastics Units L&M Dodgeball (JSCHS Comp)	Gymnastics Units P-S Badminton (JSCHS Comp)	Basketball (H4H tournament) Hockey Quick sticks Unit Yr5 (JSCHS Comp) Swimming	Gymnastics Units X–Å Hockey Quick sticks Unit Yr6(JSCHS Comp)
Spring 2	Drive tricycles by pedaling With an adult hand travel above floor height by walking or crawling. Use pincer movements to pick up small items or nip malleable materials.	Dance: Unit 3 Dance: Unit 4 Statements: Control small games equipment when transporting, collecting and throwing. Travel across more complex obstacle courses including changes in height.	Dance Unit 3/4 Games 4 - Partner work (VS)	Dance Unit 3/4 Games 4 - group games& inventing rules (VS)	Basketball Dance Unit 3/4 (VS)	Basketball Games 1 - Net, Wall, Court (VS)	Games 2 - Invasion and Target Games 3 - Invasion games (VS) Swimming	Games 2 - Net, court, wall games Basketball (VS) (H4H tournament)
Summer 1	Develop techniques for working simple mechanism. Run at speed negotiating obstacles. Travel above floor height by slowing and controlling movement	Gymnastics: Intro & Unit A Dance: Unit 3 Dismantle objects and mechanisms using a range of hand actions. Control and steer a ball by hand. Aim, roll, track and collect a ball using hands and feet.	Gymnastics Units F&G (VS) Basketball	Gymnastics Units J&K (VS) Basketball	Tennis (JSCHS Comp) Gymnastics Units N&O	Tennis (JSCHS Comp) Games 4 - Striking & Fielding Catch-up Swimming (selected pupils)	Gymnastics Units T–W (VS) Games 4 - Striking & Fielding Catch-up Swimming (selected pupils)	OAA - (VS) Games 4 - Invasion ball handling
Summer 2	Drive ride on toys at speed, using the pedals to steer around obstacles Collaborate with others to transport large items safely. Compete in a simple challenge with adult support. Play follow my leader in a small group, imitating a range of gross motor movements.	Gymnastics: Units B&C Athletics Unit (sports day) Use a range of tools to dismantle mechanisms. Bounce a ball on the spot and on the move. Roll and throw a ball underarm at a target. Kick a ball at a target and to a partner.	Athletics Unit 1 Athletics Unit 2	Athletics Unit 1 Athletics Unit 2	Games 4 - Striking & Fielding Athletics Units 1/2 (VS)	OAA Athletics Units 1/2 Catch-up Swimming (selected pupils)	OAA Athletics Units 1/2 Catch-up Swimming (selected pupils)	Games 3 - Striking & Fielding Athletics Units 1/2 Rounders (JSCHS Comp) Cricket (Comp)

Terms	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 		Intro to PE: Movement Games: Beanbags (VS)	OAA (VS) Games 1: Ball Skills (VS)	OAA (VS) Games 1: Throwing & Catching (VS)	Hockey Quicksticks Unit Yr3 Games 1: Ball skills, invasion focus (VS)	Hockey Quick Sticks Unit Yr4 (LA Comp) Swimming	Indoor Athletics Netball (JSCHS Comp)	Indoor Athletics Netball (JSCHS Comp)
Autumn 2 		Games : Ball (VS) Dance: Unit 1 (VS)	Dance Unit 1/2(VS) Games 2 - Throwing, catching & aiming (VS)	Dance Unit 1/2 (VS) Games 2 - Aiming, hitting, kicking (VS)	Dance Unit 1/2(VS) Games 2 - Creative Games Making (VS)	Swimming	Dance - Unit 1/2 (VS) Games 1 - Net, court, wall games (VS)	Dance - Unit 1/2 (VS) Games 1 - Hockey & Soccer (VS)
Spring 1 		Games: Ropes, bats, balls (VS) Dance: Unit 2 (VS)	Gymnastics Units D&E (VS) Games 3 - bat/ball & skipping (VS) Multiskills (JSCHS Comp)	Gymnastics Units H&I (VS) Games 3 - dribbling, kicking, hitting (VS) Multiskills (JSCHS Comp)	Gymnastics Units L&M (VS) Dodgeball (JSCHS Comp)	Gymnastics Units P-S (VS) Badminton (JSCHS Comp)	Basketball (VS) (H4H tournament) Hockey Quick sticks Unit Yr5 (JSCHS Comp) Swimming	Gymnastics Units X-Å (VS) Hockey Quick sticks Unit Yr6(JSCHS Comp)
Spring 2 		Dance: Unit 3 (VS) Dance: Unit 4 (VS)	Dance Unit 3/4 (VS) Games 4 - Partner work (VS)	Dance Unit 3/4 (VS) Games 4 - group games& inventing rules (VS)	Basketball (VS) Dance Unit 3/4 (VS)	Basketball (VS) Games 1 - Net, Wall, Court (VS)	Games 2 - Invasion and Target (VS) Games 3 - Invasion games (VS) Swimming	Games 2 - Net, court, wall games (VS) Basketball (VS) (H4H tournament)
Summer 1 		Gymnastics: Intro & Unit A (VS) Dance: Unit 3 (VS)	Gymnastics Units F&G (VS) Basketball (VS)	Gymnastics Units J&K (VS) Basketball (VS)	Tennis (JSCHS Comp) Gymnastics Units N&O (VS)	Tennis (JSCHS Comp) Games 4 - Striking & Fielding (VS) Catch-up Swimming (selected pupils)	Gymnastics Units T-W (VS) Games 4 - Striking & Fielding (VS) Catch-up Swimming (selected pupils)	OAA - (VS) Games 4 - Invasion ball handling (VS)
Summer 2 		Gymnastics: Units B&C (VS) Athletics Unit (sports day)	Athletics Unit 1 (VS) Athletics Unit 2 (VS)	Athletics Unit 1 (VS) Athletics Unit 2 (VS)	Games 4 - Striking & Fielding (VS) Athletics Units 1/2 (VS)	OAA (VS) Athletics Units 1/2 (VS) Catch-up Swimming (selected pupils)	OAA (VS) Athletics Units 1/2 (VS) Catch-up Swimming (selected pupils)	Games 3 - Striking & Fielding (VS) Athletics Units 1/2 (VS) Rounders (JSCHS Comp) Cricket (LA Comp)